

Abstract

Title: Principles for creating an exercise unit focusing on a deep stabilization system

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Objectives: Describe the principles on which it is working with the deep stabilization system built. Highlight the importance of the HSS from the as a precautionary measure the therapeutic point of view. To provide a sufficient volume of information from the anatomical and kinesiological sphere for the general public on the basis of the available literature. Point out the common mistakes when working with HSS individuals often commits. Assemble a training unit for 4 levels of complexity, from the simplest from the point of view of postural position, after the more challenging types. Each training unit to equip a reservoir and a description of the individual exercises for the subsequent implementation.

The tasks of the work: Study the professional literature of the chosen topic, create a total of 4 exercise units divided according to performance. Determine the criteria by which it can be in the selection of units to manage.

Key words: natural range, muscle dysbalance, stabilization, coordination, mobilization